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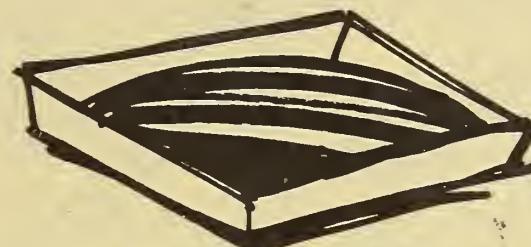
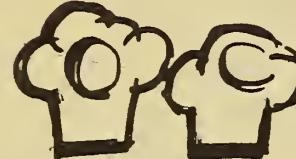
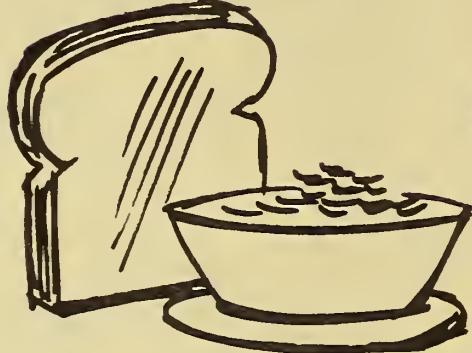
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WHOLE GRAIN or ENRICHED BREADS and CEREALS

a good choice for the thrifty family

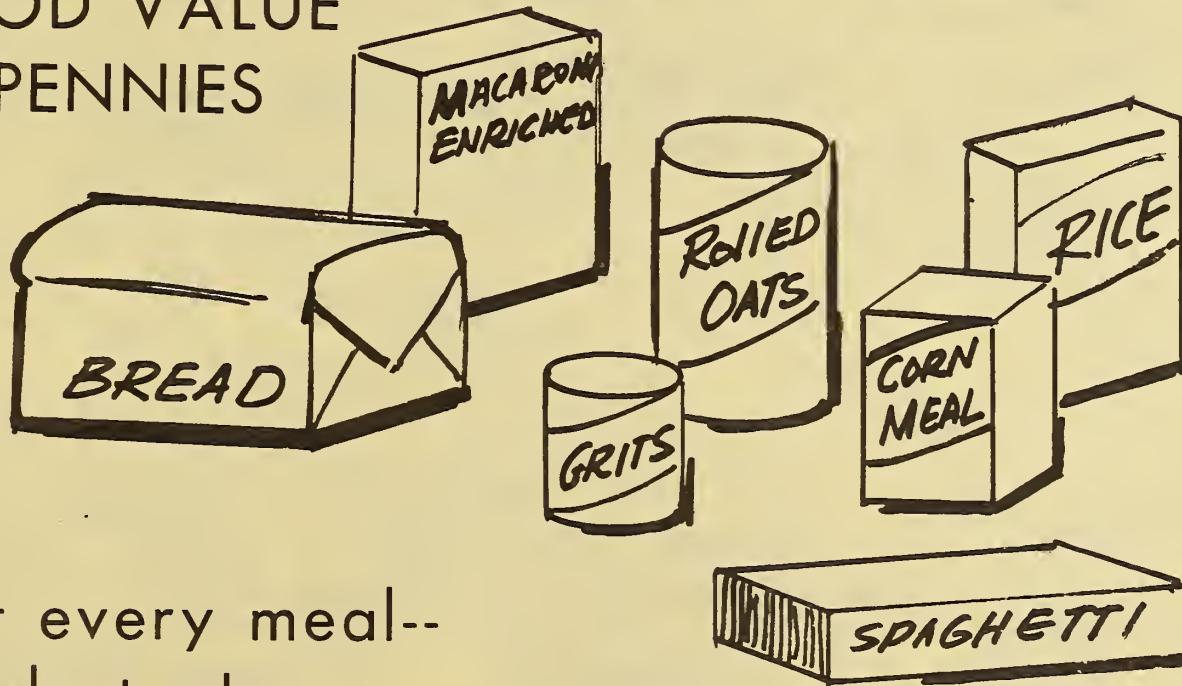


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CURRENT SERIAL RECORDS

LOTS OF FOOD VALUE
FOR A FEW PENNIES



Use some at every meal--
and for snacks too!

Read the label--

Be sure they are WHOLE GRAIN or ENRICHED

C&MS-34

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



Drop Biscuits

2 cups flour
1 tablespoon baking powder
1 teaspoon salt

$\frac{1}{3}$ cup fat
 $\frac{3}{4}$ cup milk

Mix flour, baking powder, salt and fat with a fork until well blended. Mix in milk. Drop from spoon on greased baking pan. Bake at 450° F (very hot oven), 10 to 12 minutes. Makes 12 biscuits.

Pancakes

$\frac{1}{3}$ cup fat
2 cups flour
4 teaspoons baking powder
1 teaspoon salt

2 tablespoons sugar
1 egg
 $1\frac{1}{2}$ cups milk

Melt fat in fry pan.

Combine flour, baking powder, salt and sugar. Add melted fat, egg and milk to flour mixture and stir until mixed.

Pour spoonfuls of batter onto heated, slightly greased fry pan. Cook pancakes, without turning, until top is covered with bubbles. Turn pancakes and brown the other side. Serve at once. Makes 12 to 15 pancakes.

Quick Coffee Cake

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup fat
1 egg
 $\frac{3}{4}$ cup milk

Mix flour, baking powder, salt and sugar in a bowl. Mix in soft fat with fork until well blended.

Mix egg with milk and stir into flour mixture until blended. Fill greased pan half full and bake at 400° F (hot oven) for 25 to 30 minutes, until cake springs back when touched. *For a Special Coffee Cake:* Mix $\frac{1}{4}$ cup white or brown sugar and $\frac{1}{2}$ teaspoon cinnamon. Sprinkle over batter in pan before baking.

Pie Crust

1 cup flour
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{3}$ cup fat
About 2 tablespoons cold water

Mix flour, salt and fat with a fork (until mixture is like cornmeal or grits). Sprinkle water over mixture and stir with fork until dough sticks together but is not wet. Shape dough into a ball.

Spread a little flour on a flat surface and on a rolling pin. Roll out dough. Fit rolled dough into pie pan.

For 1-Crust Pie: Put in any pie filling for a one-crust pie and bake as directed for the filling used.

For Baked Pie Crust: Prick bottom and sides of dough with fork to keep crust flat. Bake at 425° F (hot oven) 10 to 12 minutes or until light tan. Use for any pie that calls for a baked pie crust.